



Employee Health and Wellness



facebook



REMEMBER:

Always consult your physician FIRST
before starting a new fitness plan!!!

Click the icons for more
information !

Staying active is really important!

See why!



Employee Health and Wellness



Why Is Staying Active So Important?

A Healthy Heart – Regular physical activity lowers your blood pressure and cholesterol levels and reduces the risk of heart disease and type 2 diabetes.

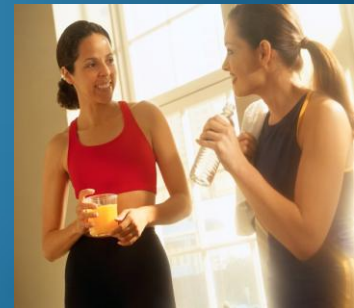
Strong Bones – Exercise is necessary for building strong, healthy bones and can help slow bone loss associated with getting older.

A Sense of Well-Being – Being in good shape can give you more energy, reduce anxiety and depression, improve self-esteem, and help you better manage stress.

A Good Social Life – Staying active is a great way to have fun, make new friends, and spend quality time with family.

Looking and Feeling Better – You look better when you're in shape. Staying active helps tone muscles, maintain a healthy weight and can improve posture.

For more information, click





Work Life and Personnel Wellness

Personal wellness includes all of the things you can do to maintain your physical and mental health. Your fitness, attitude, and outlook have a direct bearing on how well you can do your job -- and on how well you can live your life! The Personal Wellness section at the link below contains information, tools, and resources to help you work and live as fully as possible.

[Click here for more Work Life and Personnel Wellness information](#)



For more information, click



There are Five Dimensions of Strength for you to consider:



Physical

Performing and excelling in physical activities that require aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition and training.



Emotional

Approaching life's challenges in a positive, optimistic way by demonstrating self-control, stamina and good character with your choices and actions.



Social

Developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication including a comfortable exchange of ideas, views, and experiences.



Family

Being part of a family unit that is safe, supportive and loving, and provides the resources needed for all members to live in a healthy and secure environment



Spiritual

Strengthening a set of beliefs, principles or values that sustain a person beyond family, institutional, and societal sources of strength.

Take the Global Assessment Tool (GAT)
today to assess your strengths!

For more information,
click





Getting and Staying Healthy Means Being Involved

So do you know about the President's Challenge?

The President's Challenge is the premier program of the President's Council on Fitness, Sports, and Nutrition administered through a co-sponsorship agreement with the Amateur Athletic Union. The President's Challenge helps people of all ages and abilities increase their physical activity and improve their fitness through research-based information, easy-to-use tools, and friendly motivation.

For more information, click





Who Can Participate in the President's Challenge?

The President's Challenge is for everyone.

All you need is a desire to get active (or increase your current activity level) or a desire to help America's kids get active.

Now more than ever, we all need some incentive to make physical activity a part of our daily routine, and the President's Challenge is where you'll get it.

Educators, homeschoolers, kids and adults with disabilities, and people and groups who want to be active.

For more information, click





Be inspired to Perspire

Inspiration often comes from the people around you. You might be tempted to skip a workout if you're heading to the gym by yourself, but if you're supposed to meet your workout buddy, you'll make yourself go.

Joints, muscles, bones, heart, lungs—they are all pretty important when it comes to being healthy and getting fit. But let's not forget about the organ that will make or break a workout plan—your brain. A stressful day at school or the office? Your brain might tell you it's OK to skip your workout, but exercise is exactly what you need to feel better.



For more information, click



Be Active and Get Moving



Make the most of the human connection and start a group and challenge other groups .

Consider Starting a Group with your :

Co-workers. The President's Challenge has helped thousands of organizations and companies implement fitness programs .

Family and Community members. Do you want to continue the camaraderie of your softball team into the off-season? Are you looking for a way to get to know other new moms or dads in your area? Think about creating a group just for the people around you.

For more information, click





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So decide to take the President's challenge.

Earn awards for your efforts and reward yourself!



Million PALA Challenge

Get moving and earn a
Presidential Active Lifestyle Award.

START NOW →

